

on the video tape is thought of as a supplement to the group feedback. It should be used to highlight certain information and Stoller warns of its indiscriminate use.

An innovation which the reviewer sees as having great potential for far reaching effects throughout society is Virginia Satir's development of Family Therapy. Her simple approach follows from the notion all behavior is learned, that what has been learned can be unlearned, and the family members are the most important teachers.

As the many subforms of group psychotherapy continue to multiply, Gazda's collection of statements on the group movement is most welcome. Perhaps illustrative of the many trends developing in the area was the fact that the reviewer wondered at certain omissions. For example, no mention was made of the whole area of expanding human awareness, or sensitivity training. Perhaps one of the Esalen psychologists, William Schutz, might have served as a contributor in this area. Another area that might be thought of as a form of group psychotherapy is Frederick Perls' Gestalt Therapy. But certainly, Gazda's contributors were well chosen to comprise this much needed volume in a rapidly expanding field.

THE INTIMATE ENEMY.

By G. E. Bach & P. Wyden,

New York: William Morrow, 1969. 388 pages. \$9.50.

Reviewed by Dennis Tupman, Graduate Studies, University of British Columbia.

The Intimate Enemy, subtitled *How to Fight Fair in Love and Marriage*, is another in a spate of recent publications that stress the theme of relatedness and communication. It is that kind of common-sense book that appears at a time when many people are apparently ready to listen to common sense.

In his book Bach underlines the need for authentic communication, or "levelling," in order to achieve intimacy with another person. That there is a need for this communication can be shown by the presence of the well-known generation gap, the alarmingly increased divorce rate, and the existence of unrealistic "romantic" courtship attitudes, and the search for meaning and relevance in what he calls the "psychological ice age."

One can become truly intimate, Bach says, only by learning, paradoxically, to fight; but to "fight fair." He defines fair fighting as "clean, responsible, clear information-producing fight tactic or style." It is "two-way verbal aggressive confrontation on a specific, well-defined 'beef' for the purpose of change (hopefully for the better) of a destructive, frustrating, or intolerable aspect of the intimate relationship."

Bach uses the group counselling method in order to sensitize the trainees, and in order to impart the fair fighting technique.

His technique is simple but needs constant practice. He warns prospective intimates to avoid "gunny sacking," or storing trivial problems only to

blow finally in a "Vesuvius." (One is reminded of Corinthians I, Ch. 13.) He encourages his trainees to use words like "foul" or "ouch" when a partner has unfairly hit below the belt in an emotionally vulnerable area. He discourages "dropping the bomb on Luxembourg" or overreacting to trivial problems. Bach suggests that one should fight by appointment so that the opponent can muster his defences. Fair fighting in front of one's children or some other audience is recommended as a necessary form of levelling. He warns against harbouring the attitude of "you love me so you should accept me as I am." Listed are also seventeen other fair fight tactics.

Nothing new here. Perhaps the subtle difference comes in application of what Bach calls "constructive aggression." In de-mystifying the Western man-woman love relationship, in anti-romanticizing this relationship of "falling in love," Bach is perhaps making his greatest contribution. Men and particularly women have such high expectations of their love relationship which is a carry-over from courting days that they feel guilty when less than perfection is achieved in both the physical and emotional aspects of the marriage. This guilt will naturally lead to hostility and resentment. In "constructive aggression" one hopes to achieve the following ends: 1) to let the partner know where he stands, truthfully; 2) to recognize current conflict and learn to resolve it; 3) to remind each other of existing tolerance on all dimensions of the intimate system. Partners learn to distinguish between hostility and assertion.

Bach debunks seven common sex myths: 1) sex and love must always go together; 2) variety is always the spice of one's sex life; 3) both partners should always be equally eager for sex; 4) simultaneous orgasm is a major requirement for good sexual adjustment; 5) men and women have specific rigid roles to play in sex; 6) sex games are an innocent sport; 7) sexual adjustment is a natural process that happens more or less by itself.

In spite of being a valuable tool to psychologists and others interested in counseling, *The Intimate Enemy* is not written in textbook English. Technical addenda are relegated to an appendix and a glossary in the back. There is also an extensive and useful bibliography. One would suspect that Peter Syden, executive editor of *Ladies Home Journal* and widely published author on social problems, has played a major role in achieving the readable, journalistic style. The book is filled with memorable expressions such as "love is a form of hysteria," "teenage bugging is often a form of counter-bugging," "shamesmanship," and courted females are "Chameleon-like actresses." "The back-up father" will be tickled when he is described at best "like a referee who entered fights in round 10. His notions about the previous nine rounds depend largely on the lung and verbal skill of the highly prejudiced combatants who tried to bring him up to date." In encouraging supplementary love-making locations the reader will be amused as the author reminds one that the bed "is where people go to be lazy, tired, infantile, and eventually to die."

Detractors of Bach's fair fighting technique accuse him of "manipulating surface systems with no behaviour change." In rebuttal Bach says simply that evidence has shown that his method works.

Bach would seem to be in agreement with Glasser (*Reality Therapy*), and Frankl (*Man's Search for Meaning*), and others who stress the individual's personal responsibility and ability to change behaviour. The "love-

me-the-way-I-am-can't-change" attitude is (and never was) tenable in marriage or in any other relationship where intimacy is sought.

Perhaps Bach is too optimistic for widespread application of his improved authentic communication when he states that "constructive aggression" will "drain away animosities" that would otherwise seek outlets in the far more dangerous channels of hate groups, riots, assassinations, and other criminality and wars." He implies that there is a certain urgency to relate and communicate in the home, because "nuclear weaponry has brought aggression back home." National wars, Bach states, "are being replaced by blacks vs. whites, youth vs. aged, men vs. women." We must avoid "annihilation" by using "rational assertion."

But, this reviewer would question this faith in a technique which although useful is just a rather "gimmicky" rephrasing of existing information. Nonetheless because the material in *The Intimate Enemy* is not new is no reason not to read the book; on the contrary, one will clarify and refocus existing attitudes.

This reviewer would also question the masses' ability for "rational assertion." That an unfortunately large number of the 122 fight excerpts quoted in this book are obviously given by people of high socio-economic status gives the reader the impression that this rational confrontation, or fair fighting therapy, would perhaps have best results with the class best capable of rationalizing.

It should be pointed out that Bach's success statistics would also be inflated by the fact that both partners have to seek out the therapist, and this very initiative would indicate that there is at least some vestige of desire for reconciliation. In such cases one cannot doubt that Bach's methods as outlined in the book would be effective. But what about the many couples who have no desire for reconciliation? However, Bach has added valid and useful information and techniques to the repertoire for those concerned directly or indirectly with improved communication and relatedness.

This book is highly recommended for teenagers, newly-weds, and veteran marrieds. It is an important work that will undoubtedly have a positive influence on the lives and attitudes of many married couples who are trying to cope with stresses and strains on that time-honoured but much battered institution of marriage.